

The National Diabetes Education Program sponsored by NIDDK is a great source for free printed materials for your patients. Take the time to visit the site.

Unless otherwise indicated, the first 25 copies are free. See each item for pricing of additional copies and limits. Order information at the end.

Take Care of Your Feet for a Lifetime (NDEP-4) ★

This illustrated patient booklet provides step-by-step instructions for proper foot care. Includes a tear-off reminder card and a patient "To Do" list (updated 10/01). Each additional package of 25, \$5. Limit 2 packages.

Cuide sus pies durante toda su vida (NDEP-48)

Spanish version of *Take Care of Your Feet for a Lifetime* (published 6/99). Each additional package of 25, \$5. Limit 2 packages

Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy (NDEP-8)★

This two-color patient education booklet provides an action plan for diabetes control that includes tips on knowing blood sugar levels, reaching blood sugar goals, and maintaining blood sugar control (published 8/98). Each additional package of 25, \$5. Limit 2 packages.

Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy, Photocopy Master (NDEP-8PM) Camera-ready version of NDEP-8 (published 8/98). Single copies free. No bulk orders. ([pdf format](#))*

Tome su diabetes en serio, para que no se vuelva cosa seria.

Recomendaciones para sentirse mejor y estar mas saludable (NDEP-9)★

Spanish version of *Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy* (updated 9/99). Each additional package of 25, \$5. Limit 2 packages. ([pdf format](#))*

If You Have Diabetes, Know Your Blood Sugar Numbers (NDEP-10)★

This reproducible, black-and-white patient education brochure provides information on measuring blood glucose levels using the hemoglobin A1C test and the finger-stick test (with a blood glucose monitor) (updated 3/00). Each additional package of 25, \$5. Limit 1 package. ([pdf format](#))*

Sepa cuánta azúcar tiene en la sangre: Hágase la prueba para controlar el azúcar sanguíneo (NDEP-11)★

Spanish version of *If You Have Diabetes, Know Your Blood Sugar Numbers* (updated 9/99). Each additional package of 25, \$5. Limit 1 package. ([pdf format](#))*

7 Principles for Controlling Your Diabetes for Life (NDEP-17)★

This easy-to-read brochure for people with diabetes describes the essential

components of quality diabetes care in a checklist form (published 3/99). Each additional package of 25, \$5. Limit 2 packages.

Recipe and Meal Planner Guide (NDEP-51)

This bilingual (English and Spanish) meal planner is complete with recipes for every day of the week and tips to control diabetes deliciously. Appetizing food photography and a practical design make the meal planner a terrific addition to any kitchen (published 7/01). First 20 copies free. Each additional package of 20, \$5. Limit 2 packages

The power to control diabetes is in your hands (NDEP-38)★

This easy-to-read, 12-page brochure provides information for Medicare beneficiaries who have diabetes. The brochure focuses on the importance of self-monitoring blood glucose levels and explains the Medicare benefits that help pay for diabetes equipment and supplies (published 1/01). Each additional package of 25, \$5. ([pdf format](#))*

Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol (NDEP-52)★

This two-color twofold brochure explains the link between diabetes and heart disease and encourages people with diabetes to take action to control the ABCs of diabetes: A1C, blood pressure, and cholesterol (published 11/01). Each additional package of 25, \$5. Limit 2 packages. ([pdf format](#))*

Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol, Photocopy Master (NDEP-52PM)

Camera-ready modified version of NDEP-52. Single copies free. No bulk orders.

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